

# North Laurel Senior Center Plus

## March, 2015



**9411 Whiskey Bottom Road  
Laurel, MD 20723  
410-313-7218**

**Hours: Monday through Friday 9:30am - 1:30pm**  
**Nancy Riley, Director; [nriley@howardcountymd.gov](mailto:nriley@howardcountymd.gov)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Good Old Days 11:00 Exercise w/Carol 12:00 Lunch 12:45 iPad Games <b>2</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pottery 12:00 Lunch 12:45 Exercise w/Carol <b>3</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Cooking Activity 12:00 Lunch 12:45 Tai Chi w/Dave <b>4</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Diversity Day 12:00 Lunch 12:45 Exercise w/Carol <b>5</b>	9:30 Coffee Talk 10:00 Health Tips 11:00 Exercise w/Carol 12:00 Lunch 12:45 Bingo <b>6</b>
9:30 Coffee Talk 10:00 Music w/Ed 11:00 Exercise w/Carol 12:00 Lunch 12:45 Good Old Days <b>9</b>	<b>Center Closed Staff Meeting</b> <b>10</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al Callahan 12:00 Lunch 12:45 Tai Chi w/Dave <b>11</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Tote Bags 12:00 Lunch 12:45 Exercise w/Carol <b>12</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Exercise w/Carol 12:00 Lunch 12:45 Bingo <b>13</b>
9:30 Coffee Talk 10:00 Folk Tales & Fables 11:00 Exercise w/Carol 12:00 Lunch 12:45 Good Old Days <b>16</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tastings 12:00 Lunch 12:45 Exercise w/Carol <b>17</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Mighty Kelltones 12:00 Lunch 12:45 Tai Chi w/Dave <b>18</b>	<b>ARL Luncheon</b> <b>9:30am - 1:30pm</b> <b>10920 Rt. 108,</b> <b>Ellicott City</b> <b>19</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Exercise w/Carol 12:00 Lunch 12:45 Bingo <b>20</b>
<b>Bob Evans Restaurant</b> <b>9:30am – 1:30pm</b> <b>(410) 290-0004</b> <b>23</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pottery 12:00 Lunch 12:45 Exercise w/Carol <b>24</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 A Taste of MD 12:00 Lunch 12:45 Tai Chi w/Dave <b>25</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Movie Day 12:00 Lunch 12:45 Exercise w/Carol <b>26</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Charlie E. 12:00 Lunch 12:45 Bingo <b>27</b>
9:30 Coffee Talk 10:00 Doctor's Day 11:00 Exercise w/Carol 12:00 Lunch 12:45 Good Old Days <b>30</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Carol <b>31</b>			

# March Calendar Notes and News

## Community Happenings

### Caregiver Mini-Conference:

When: Saturday, April 11, 2015

Where: Bykota Senior Center, 611 Central Ave., Towson, MD 21204

Time: 8:30 am to 12:30 pm

Cost: Free admission and parking

Information: 410-887-4724

## March Birthdays

Happy Birthday to Shirley.

## Important Dates and Reminders

The Center is closed Tuesday, March 10, 2015, for a staff meeting.

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

## Resource and Referral Information

*Maryland Access Point, (MAP):* Provides free information, assistance, and future planning for older adults and person with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

*RTA Paratransit Services:* 1-800-270-9553, Press 3 and follow prompts.

## Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-5442 to hear a recorded message regarding center operations.

**If you need this publication in an alternate format, call 410-313-7218.**